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FOR WOMEN

Women promoting equality

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NOTES

from the Newsroom

By Rebecca A. Petersen Facets Editor

I think it's worth sharing how the topic of diversity became the theme for the October Facets.

Ames' Jan Beran sent me a note, saying that she enjoyed Facets. But she wanted to see more diversity in its pages.

Beran, a longtime Ames resident, is an advocate for embracing diversity. She was a co-creator of Ames' annual diversity celebration - Faces (Families of Ames Celebrating Ethnicity).

So I took some time to mull Beran's comment. While we have featured women of color in our Facets Faces section, there's never been anything but a white woman on the cover. We've written stories that address diversity in education, religion and politics, but we'd never tackled the subject of ethnic diversity.

So I set out on a mission to profile women who promoted diversity in our community.

I found Judy Dolphin, the executive director of the YWCA of Ames and Iowa State University. This woman is impressive. She oversees a group whose two missions are to empower women and eliminate racism.

Dolphin has been with the YWCA for 18 years. Before that she was an elementary school teacher and volunteer coordinator for the Department of Human Services in Boone and Story Counties. She also served seven years on the Ames Community School Board. Each year, she and her husband take a group of students overseas each year with her husband, a professor of genetics and cell biology, for field courses in biology.

The 65-year-old Dolphin is a biological mother of two and grandmother of four. But she's also a surrogate mother to the hundreds of women and men that have volunteered at the YWCA over the years.

Here's why:

"I have had the privilege of knowing people from a variety of backgrounds, ethnicities and social classes," Dolphin said. "Many of these relationships have allowed me to hear the personal stories of discrimination, isolation, economic disadvantage and many more.

"My passion for the mission of the YWCA, empowering women and eliminating racism, is at the core of who I am. I am more committed today than yesterday, and I fully expect that commitment to continue to grow."

Thank you Judy.

Relieved Petersen

Facet > I. One of the flat surfaces cut on a gemstone.

2. The particular angle from which something is considered.

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Hutee Tuscany

For every season, the Ames Hy-Vee Flower Shops are blooming with the freshest flowers, stunning blooming plants, and a fun selection of gifts and home décor to make the holidays doubly joyous for the festive folks! This fall we are featuring the 'Autumn in Tuscany' look, a collection of Italian influenced designs that blend the harvest season into a winter and holiday look. Our Tuscan Pomegranate wreath for \$27.50 combines eucalyptus, pomegranates, and pepperberries that can be used outdoors or inside the home. The 'Tuscan Arrangement' is a feast for the eyes.

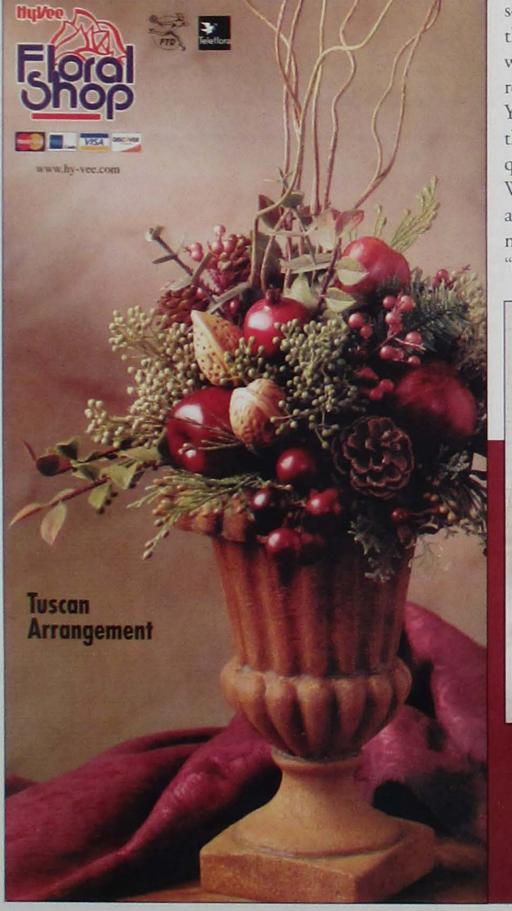
Apples, pomegranates, cherries, and nuts combined with cedar, eucalyptus, pepperberries, and curly willow make a beautiful centerpiece for \$20.00. The 'Simplicity' is a casual swag that adds a touch of Autumn to your home with a warm, welcoming touch.

The Ames Hy-Vee Flower Shops pride themselves on service and selection. We try very hard to design exactly what customers are looking for. We do special orders, and take it upon ourselves to make every order special-even when someone calls for the simple rose in a vase. For us,

good service starts when someone calls, or walks through the shop, and ends with a smile when someone receives a gift of fresh flowers. Yes--We deliver! It is one of the most frequently asked questions at the flower shop. We are a full service florist and have everything and more that can be found at a "traditional" florist. We do

weddings, sympathy flowers and plants, make deliveries all day long, every day, for every occasion you can think of (and then some).

Working at the flower shop requires creativity, strength, and ambition. Lots of people dream of working at a flower shop, however, most discover is is much more than 'putting flowers in a vase.' We receive large shipments every day that need to be unpacked and processed. There are lots to learn about sending orders for delivery across town and around the world with our FTD and TELEFLORA services. We deal with very emotional occasions every day and need to move from one to another with sensitivity and efficiency. Working at the flower shop is a beautiful place to be, moving from one season to the next-in fact, we just ordered Easter Lilies for next spring already!





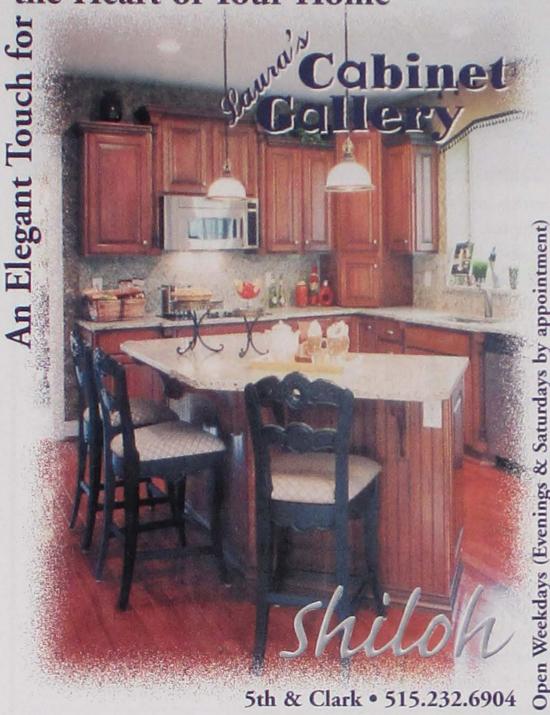
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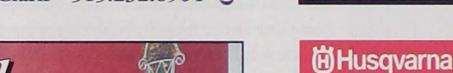


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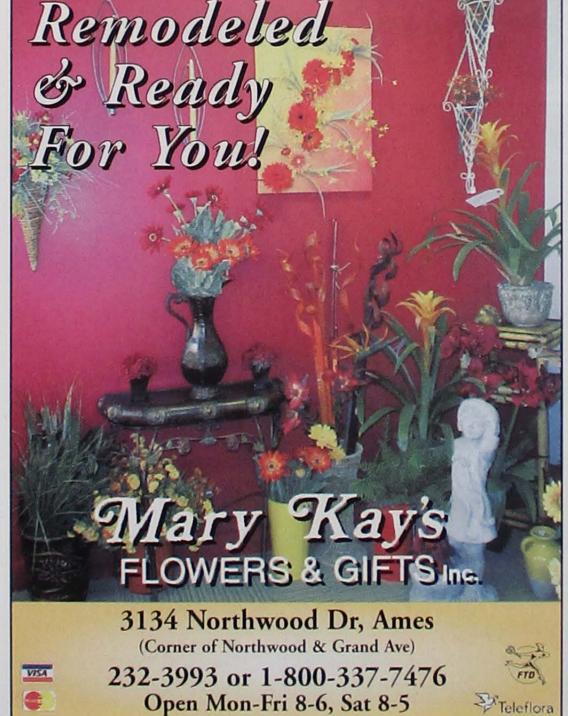
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By Debra Atkinson

Exercise diversity v. 1. to practice a wide variety of exercise options in cardiovascular, muscle strength and endurance, and flexibility 2. to balance your current strengths and weaknesses with corrective exercises 3. to enhance your ability to perform your activities of daily living with select functional exercises 4. to consider gender and ethnic risks factors and pre-existing health issues. – n. 1. n. variety in your exercise routine

In other words, follow a customized exercise program that varies from others and is specific to your own unique needs, inside and outside of the workout. In addition, follow a customized program that

varies - period.

One size does not fit all. It never did and never will. You know immediately that if you read that a piece of clothing is "one size fits all," you may sacrifice something, and that big and baggy does not really "fit" any one person.

So why settle for it in your exercise routine? Diversity in your exercise program isn't a helpful suggestion or a hint. It is a requirement if you hope to be successful.

Even if equipment or space is limited within a gym or that corner in your basement, the options are unlimited. Even though there may be many people using the same equipment, there will be a distinctly different ideal protocol for you if you're exercising diversity in the gym.

How much, how often, how many and in what order, are all as important as which exercises and how you do them.

It is interesting that while you may pick up a few tips from watching a personal trainer or coach work-

ing with someone else, you may pick up on the customized way someone else should do the exercise and not the best way for you personally to do the exercise. Today's personal trainers and exercise specialists begin from the orientation to make movement recommendations that are a best fit for the body before them.

Exercisers who only run, or only swim are not optimally

fit. While specificity is important, that is — getting better at an activity will occur best by doing that activity — exclusivity in fitness is a mistake that can lead to overuse injuries, staleness, and muscle imbalances. A solid muscle-strength and endurance program needs to have variations.

Overload is a principle referring to reaching temporary fatigue. It can (and should) come from a variety of means, including but not limited to adding more weight, slowing down the speed of repetitions, changing the sequence, and changing the angle of resistance.

Flexibility can be gained from moving through a full range of motion on training exercises, statically holding muscles in a stretch for

15 to 30 seconds following exercise, as well as from participating in yoga or Pilates practice. Diversifying your

as well as from participating in yoga or Pilates practice. Diversifying your methods for reaching goals in these areas produces a better training effect overall.

Understanding your specific muscle imbalances requires a specific assessment. For a very basic self-test stand in front of a mirror either down to your Victoria's Secret or in tight exercise clothing. From the side, you're ideal posture has a line running from your ear through your shoulder, hip, knee, and just slightly forward of your ankle. Look closely. Is your head slightly forward, or do you have a rounded upper back?

From the front, look to see that your ankles, knees, hips, and shoulders are even from left to right.

Think about or list the activities and postures that you go through and hold, on a daily basis. When you consider those, you reveal two things: activities that cause you to be weak or tight; and activities that you can train to do more effectively by adding functional exercises that carry over to your real life.

Exercise based on your personal risk factors may mean the difference between a higher proportion of cardiovascular activity, or a greater amount of emphasis on strength training. Within the basic guidelines to good fitness, there is a lot of room to wiggle and what you want to find sooner rather than later is where you best respond.

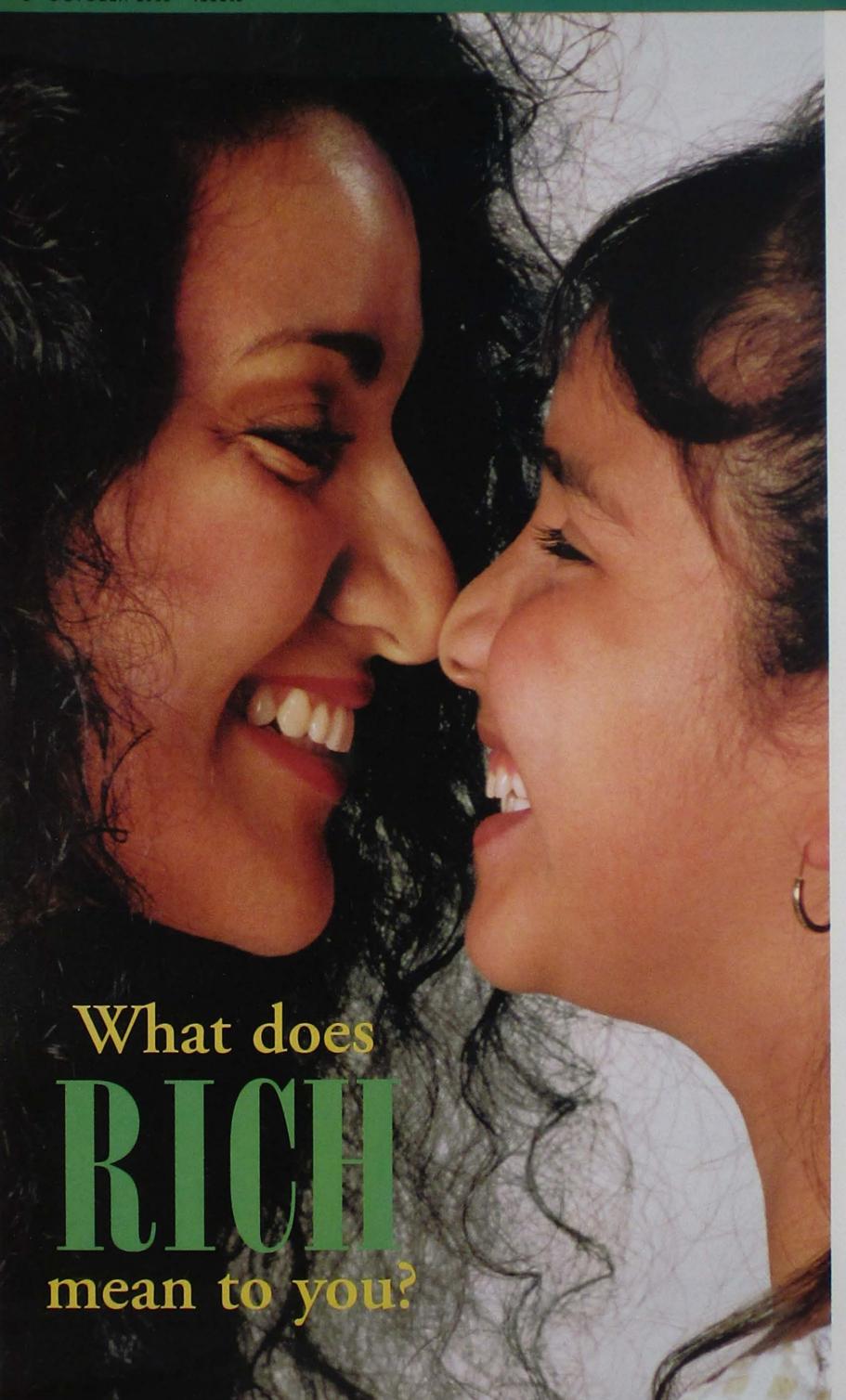
Injuries and illness happen, even to the fit and strong. A targeted fitness program based on your diverse needs will decrease the chance of that happening to you. It will also increase the rate at which you get results that you do want. You'll not only look better, but your body will work and play better when you exercise diversity.

Debra Atkinson is a senior lecturer in Iowa State University's department of health and human performance and is a personal trainer at Ames Racquet and Fitness.



OCTOBER

facets 7



Please send your definition of a rich life or any other questions.

Contact information Karen L. Petersen CFP®l 515-232-2785 karen@MyMoreThanMoney.net

What does rich mean to you? First, just think about the word "rich" and how many ways it is interpreted.

You can be rich with good health, talent, children, friends and family. Rich can be a dessert. Rich can be a friend, Richard. Rich can come in music, art and dance. Rich can be the beauty of nature.

Just about all of the things that make us rich are reachable when we do not measure richness by money.

On the other side of rich, the rich that is measured in dollars, we hear that money does not buy happiness. There are statistics about people who come into sudden wealth and within a few years many are miserable and broke.

When I read those statistics, deep inside me (where no one can know I am thinking such selfish, greedy thoughts), I wonder how a major amount of unexpected money would affect me. And I think, "Just give me the money, let me see if in a few years I will be broke and miserable or happily sharing the wealth."

How about you, do you think sudden wealth would make you happier?

Here is how some of you answered the question, "What does rich mean to you?"

Beth Coon, an energetic 62year-old Arizona retiree who said she is a writer and researcher, but spends more time playing outside in her yard.

"If you have enough money that you can do pretty much what you want, then it becomes irrelevant. You don't think about it, just buy what you want, and give away what you want, never worry about a bill. Get an unlisted phone, sleep at night, and get to see the people you love more often. You control your life, others do not control you."

From Ames' Veronica Fowler, a 43-year-old self-employed mother of three:

"I don't ever expect to make so much that I wouldn't like more. Instead, I focus on my ability to have a nice home, eat well, educate my children, and afford a few frills that are important to me — not just maintain a lifestyle that looks good to others. To me, that is true wealth."

From Ginger Johnson, 37, a business owner and newly-married

"Rich is living the life you really crave, desire and want. Choose wisely and smartly with your head and your heart working together."

From Liz Beck, 60, recently retired director of the Iowa State University honor's program:

"Rich — most important is a circle of family and friends who weave invisible nets of love and support. Rich is having your children like the person you are. Rich is having sufficient money to do the essentials, with some left over to share with others."

From Susan Posch, a woman who says she finds richness in organic gardening, home repairs, volunteer service, tending special-needs and feral cats, and studying yoga — all supported by a job that she thoroughly enjoys and that has no relation whatsoever to the degrees she worked so diligently to earn.

"Hard work and lots of luck can make a person 'rich' in monetary income; careful thought about what's really important for personal growth and existence lead to a rich life."

From Brenda Meskunas, 30, a
Wall Street Journal sales representative: "Rich is Grandma Prunty...a
woman who spoke with gentility; a
woman who was so generous she
slipped me, her granddaughter, a
five-dollar bill; and I didn't know
until later it was the only money she
had left in her purse; a woman
whose cooking made you feel like
you were sitting at the table of a

queen. She never had money, but she was, beyond compare, the richest woman I ever knew."

We all know money is necessary to provide shelter and food. And I think we can agree that there is more to rich than just lots of money. We search for that balance, enough money, enough time and enough energy to enjoy all the riches in life.

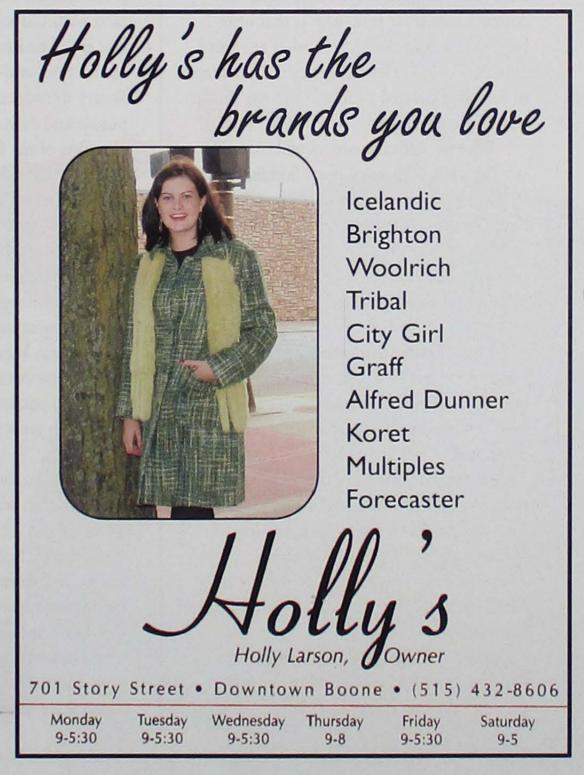
The first step to create that balance is to define what rich means to you.

In future columns I will focus on actions for you to consider as you create your balanced, rich life.

Live a rich life; because life is more than money. •

Karen L Petersen is a certified financial planner and practitioner Ames. She occasionally teaches financial planning courses at Iowa State University.





Embracing By Nancy Lewis

hen I was six years old, everyone around me had pink skin. Everyone was Methodist, or Presbyterian or Lutheran. Everyone spoke English, and only my father's father, who had come over from England at seventeen, "talked funny."

I lived in a small town in Iowa. So when, on a trip to the nearest Big City, I noticed a dark-skinned child for the first time, of course I asked, "Mama, why is that little boy's skin so brown?" My mother answered, "He's a Negro." His mother said, "We prefer to be called colored people." And my mother was very embarrassed.

When I was nine, we moved to a different Big City, 600 miles away. Suddenly I was in school with a lot of "colored people." Some of the colored girls liked me and some didn't; one beat me up a couple of times. (Colored boys weren't involved; the school playground was segregated, not by race but by sex.)

I had no idea that our Big City was very unusual for the 1940's in that colored people lived all over town. There was a sizable colored middle class and our athletic teams were integrated.

In every school every morning we had morning exercises. We read a few verses from the Christian Bible; said the Lord's Prayer; and recited the Pledge of Allegiance. I went along thinking that everybody was Methodist, or Presbyterian, or Lutheran until my ninth-grade year.

Then the local Jewish congregation decided to help Christian young people become more aware of what Jewish worship was like. All the Christian youth groups were invited to a Friday-night dinner in a Jewish home and to the service at the synagogue afterwards. I went. And suddenly I realized that there were a lot of Jewish kids in my classes. (I never did find out what they did about the Bible readings and the Lord's Prayer. We didn't ask those questions back then.)

The Big City had five Roman Catholic grade schools and a high school, so my contacts with Catholic kids had been limited to a few girls I had met at the YWCA. But my after-school-and-Saturday job at the public library introduced me to more Catholic young people and even a few nuns.

One of my fellow workers was a Catholic boy who was going right from high school to seminary to become a priest. That was a shock to me - how could he make such a big decision at seventeen?

I remember jokes about "fairies" in high school, but no gossip about any individuals. One young man — who, I much later learned, was homosexual — was popular for girl-ask-boy events because he wasn't dating anyone in particular and was such a gentleman, with great manners and no unwanted advances.

I went to the college where my father taught, which was just up the hill from our house. It was a Lutheran college and I was Presbyterian, but I found I liked the Lutheran liturgy, and in my sophomore year, I also found that I liked a nice Lutheran boy.

The Catholic students who went there were excused from the Lutheran religion classes as, I assume, were the Jewish students. Again there were colored college students, several of whom were my friends.

The rules of the Greek fraternities and sororities did not allow membership for anyone except Christians and Caucasians (though one sorority could accept a very popular Polynesian girl). My father didn't want me to pledge, and I didn't. And my nice Lutheran boy was also "independent.

There were some jokes and comment about one particularly flamboyant young man on campus. Near the end of my college experience I was interviewed by an F agent who was doing some security clearance work. Was there gossip about this young man possibly being homosexual? I had to admit that I had heard some.

From college I went to a year of medical technology training at the University Hospital in an Even Bigger City. The university had 30,000 students. That year 1 lived in a residence hall. (I had lived at home while I went to college.) We had young women from a lot of different back grounds in the hall, even some foreign stu dents from Asian countries. I also met Rid Girls. I'm sure there were girls whose famil lies were wealthy at my college, but they didn't act like Rich Girls. One girl in my dorm had 56 cashmere sweaters. I felt that the Rich Girls were much more "different than the foreign students.

At the end of my training year, my ni Lutheran boy and I were married. I got a job in the surgery research laboratory at the hospital. My only co-worker was a Jewish woman who had also just finished training We got along fine and I learned a lot from her. She was engaged and her mother was

well. Her father offered the couple a new car if they would elope so that her mother wouldn't have to stage a big wedding. So they did. I admired her for doing that.

After two years, my husband finished his graduate work and found a job in Ames. Iowa State College, as it was then, was much smaller than now, but professors and students from all over the world kept Ames from being as pinkskinned and Protestant as the small towns of my childhood. Some of our friends were lewish, some were Catholic. More were Unitarian, a novelty for us.

We joined a large Lutheran Church and settled in. We had three children, Liz, Jon, and Ken. We had planned to have four.

Then we became aware that there were children available for adoption, even by couples with no fertility problems. We had already more than reproduced ourselves; the world didn't need more of our genes. And we wanted a second daughter.

So we talked to Lutheran Social Services. Yes, there were children available. The hardest to place were those of mixed race when one of the races was black. Would we think about whether we could take such a child? We thought about it and decided we could.

And in April of 1969 we got Mynda. Her mother was Caucasian and her father Puerto Rican. (His ethnic background was probably a mixture of Hispanic, African, and Caribbean Indian.)

The next year my sister and her husband adopted Alex, a baby boy of African American, Caucasian, and Native American ancestry. Linda and Peter also have two biological children, Kathy and Nick, They raised their family in California, so the two dark-skinned cousins didn't get to see each other often, but at least they knew about each other.

Mynda had friends of all races as she was growing up. She still does. I am grateful to those African-American families who invited her into their homes. One family still does, and includes me as well.

When our older daughter, Liz, was in her teens, one of her friends belonged to a social organization for teenage girls. The friend wanted Liz to join also. We refused to allow this because we knew that the organization would not accept Mynda. I believe that this

a Lutheran pastor. Ken and Kelly have three boys, Nathan, Isaac, and Joseph. All three are adopted from Korea.

Mynda has adopted as a single mother. Her daughter, Riley, is African American.

Kelly's twin brothers are gay. Our grandsons enjoy Uncle Kash and Uncle Gary and their partners.

My sister's children's spouses come from diverse backgrounds. Alex recently married Noemi, who is Catholic and whose family came originally from the Philippines. Nick is married to Reyna, who is Jewish. Kathy's husband, Eric, is Catholic and a native of France.

I've come a long way from my "pink and Protestant" early childhood. I am very lucky to have so many different and exciting people to love. •

Nancy Lewis has lived in Ames since 1957.

Before retirement, Lewis was a multi-



Women in DIVIER SITY

he YWCA'S Mission Statement: "The YWCA USA is a women's membership movement nourished by its roots in the Christian faith and sustained by the richness of many beliefs and values. Strengthened by diversity, the YWCA draws together members who strive to create opportunities for women's growth, leadership, and power in order to attain a common vision: peace, justice, freedom, and dignity for all people. The YWCA will thrust its collective power toward the elimination of racism wherever it exists and by any means necessary."

The YWCA is the oldest and largest multicultural women's organization in the world. Across the globe, the organization has more than 25 million members in 122 countries, including 2 million members in 300 local associations in the United States. Its mission is to eliminate racism and empower women. The organization provides safe places for women and girls, builds strong women leaders, and advocates for women's rights and civil rights in Congress.



Judy Dolphin

By Rebecca A. Petersen Facets Editor

Judy Dolphin doesn't have to look hard to find racism in Ames.

As a woman immersed in the Iowa State University student population, many times with women of color, she hears all the time how there are people living in Ames that aren't that accepting of others.

One student stormed into Dolphin's office at 15 Alumni Hall, complaining that she was ignored by salespeople in an upscale clothing store. This student, a black woman, had plenty of money to spend, but no one to help her. Was it because she wasn't dressed up? Maybe. Was it because it was black? Probably, she reasoned.

Ethnic Americans often assume that different treatment is



Alicia McGhee

because of their ethnicity, because of the history of racism and poor treatment in the United States, Dolphin said. And Dolphin can recite many examples of that treatment.

Dozens of students have talked about being ostracized in the classroom, where they sat by themselves and were ignored during group sessions. A Kenyan student visited an Ames elementary school and was asked by a student where he kept his tail.

A Jewish-Latina woman awoke to find a swastika drawn on her residence hall door. Muslims have been threatened by graffiti calling them terrorists. A group of black girls were standing on Welch Avenue after the bars closed when a white man walked up to them and asked them their names. He replied by saying he assumed it would be Laquisha.

Longtime residents, too, have been victims.

Just this spring, a black couple was called "niggers" and told to leave Ames while sitting in their vehicle at a stop light, Dolphin said.

"I've heard story after story after story," said Dolphin, the executive director of YWCA, an ISU group whose message is "eliminating racism, empowering women."

The topic arises after Dolphin begins talking about tomorrow's Race Against Racism at North River Valley Park. She's pointing out a proclamation signed by the mayor supporting the event.

> She's surprised that it passed. Surprised? In Ames?

"I was told by business owners that there was no racism in Ames," Dolphin said. "I know there's racism in Ames."

Dolphin thought maybe she'dlose steam on the project that had been in development by the YWCA board for more than a year. But the thought that people dismissed the occurrence of racism in Ames gave her a "kick in the pants."

The halls of ISU and the neighborhoods in Ames are over-whelmingly white. For years, the university has been working to meet even the minimum guidelines set by the ISU campus to improve its diversity. In the fall of 2004, less than 10 percent of the student population was considered minorities. And in Ames, 12 percent of the population was counted as non-white in the 2000 Census.

And minority is not an acceptable term to Dolphin or Alicia McGhee. McGhee, an ISU senior

Women of the YWCA

Facets wants to introduce you to a group of women from the YWCA who promote diversity and equality and help the organization fulfill its mission to empower women and eliminate racism. They come from different backgrounds but share a passion for greater understanding of the human race.



Name: Yuliya Antonenko Age: 28 Hometown: Nizhyn, Ukraine Occupation: master's student, hotel restaurant institutional management; coordinator, International Friendship Fair for the

YWCA at ISU/Ames Family: Husband, Basha Antonenko

The International Friendship Fair is designed to promote global friendship. During spring and winter breaks, international students from ISU visit area elementary schools to teach young children to break down stereotypes and learn about other cultures.

Antonenko was drawn to working with the YWCA because of her desire to teach others to appreciate other cultures.

"I enjoy other cultures," she said. "They fascinate me. You can learn more from communicating with people from other cultures.

"When people communicate, they understand that yes, they are from different cultures, but they are people. They are all people."



Name: Mary Elsbury Age: 29 Lives: Ames Occupation: Currently earning certification in secondary education. Earned degrees in public relations and journalism from Simpson College in 1999; coordinator of YWCA's G.I.R.L.S. Power Program in Ames Family: Husband, Shawn Elsbury; daughter, Riley

Like Trina Haverman, Elsbury has bad memories from middle school.

"The experience of seventh grade is one of the most difficult experiences," Elsbury said. "It can make or break you.'

Haverman was a selfdescribed "nerd" in middle school. She said she was a late bloomer, an active child who didn't care much for fashion and hairstyles. She preferred science fiction novels, while other girls may have been glued to MTV.

She calls herself lucky, because she was able find herself and get past the difficult experience. And that's what she wants to give this generation of girls.

continued on page 15

Name: Trina Haverman Age: 21 Hometown: Fort Dodge Occupation: coordinator of YWCA's G.I.R.L.S. Power Program in Nevada

Trina Haverman remembers how much she hated the middle school years. When she moved from her small town of West Bend to a more urban setting in Fort Dodge, the adjustment period lasted a couple of years.

Her peers acted like they were so much more grown up than she was, and the effect was isolating.

So when Haverman found out about the YWCA's mentoring program for seventhgrade girls, she knew that she could help.

"To have an adult role model can rally help mold these young girls," she said.

grams aimed at boosting diversity. The university brought her here for a summer program. She attended the session with other minorities and said she felt comfortable. So, when she arrived on the campus in the fall, it was culture shock. "What did I get myself into?"

ISU campus through summer pro-

McGhee said she thought. "I didn't see anyone of color in my weekend orientation." This wake-up call has pro-

pelled her to action. In March, she helped bring back "Uhuru," a magazine produced from 1995 to 2000 by the Black Student Alliance.

McGhee has not only been active in promoting ethic diversity, but gender equality as well. Through student groups, she's tried to push the importance of gender equity. She's currently working on a research project studying gender relations in hiphop music. She's studying how the images of scantily clad "video girls" in hip-hop music videos have negatively affected the perception of black women.

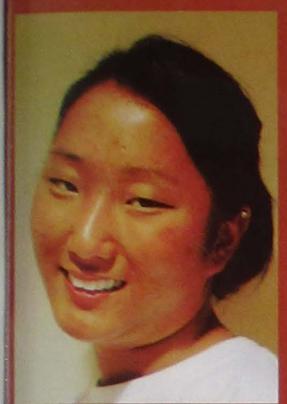
"I have a commitment to empower people," she said.











Name: Autumn Downs
Age: 22
Hometown: Marshalltown
Occupation: senior
majoring in child and family services; youth services
coordinator for the YMCA;
volunteer for YWCA.

Autumn Downs said she was mostly oblivious to other cultures until she arrived on the lowa State University campus five years ago. Growing up in a mostly conservative, white neighborhood in Marshalltown, Downs was surprised at what she saw on the ISU campus.

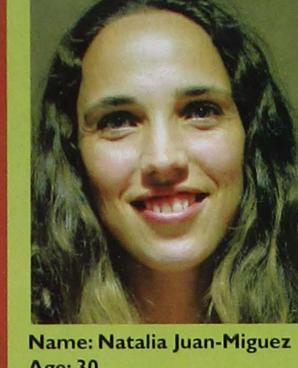
"I had never been around

anyone from a different ethnicity," Downs said. "It was a big culture shock to me. I had been in this bubble."

So that's why since coming to ISU, Downs has immersed herself in cultural events and is volunteering for the YWCA's race against racism event on Saturday. Downs, a Korean-American, was adopted by a white family when she was two months old. Even though Marshalltown's population is 13 percent Hispanic by U.S. Census definitions, Downs said the two cultures didn't co-mingle in her childhood.

Downs says she didn't fully understand the power of racism until she and some friends considered checking out "How Stella Got Her Groove Back," and she wondered why a bunch of "white" girls would want to watch a movie with black women as the central characters. And she said she didn't begin to recognize and accept her Korean heritage until college.

"It's good to be educated on everybody's differences," Downs said. "If everyone in the world was educated, it would eliminate a lot of problems."



Name: Natalia Juan-Miguez
Age: 30
Hometown: Mendoza,
Argentina
Occupation: Master's student
in Public Policy and Public
Administration; coordinates
the International Friendship
Fair and global programs for
the YWCA.
Family: Husband, Facundo
Bromberg

Natalia Juan-Miguez speaks passionately and rapidly about the

need to teach multiculturalism to young people. That's why she helps organize events at the Ames Public Library for children to learn about other cultures through games, dancing and overall fun.

"We want (kids) to have fun and at the same time learn about the culture of Ames, because Ames is so diverse," Juan-Miguez said.

Before coming to Ames, Juan-Miguez worked as an attorney, representing women and minorities, who she said suffered from inequalities. Since arriving, she's taken a passion to addressing issues important to women on the ISU campus.

She's an advocate for affordable children. She's an advocate for finding ways for spouses of international students to be productive after arriving in Ames. She's an advocate for spreading the values of learning about other cultures.

"It's very rich to learn from others and learn the things we have in common," she said.



Name: Shrabantee Chatterjee Age: 21 Hometown: Calcutta, India Occupation: undergraduate

majoring in electrical engi-

neering; YWCA office coordinator

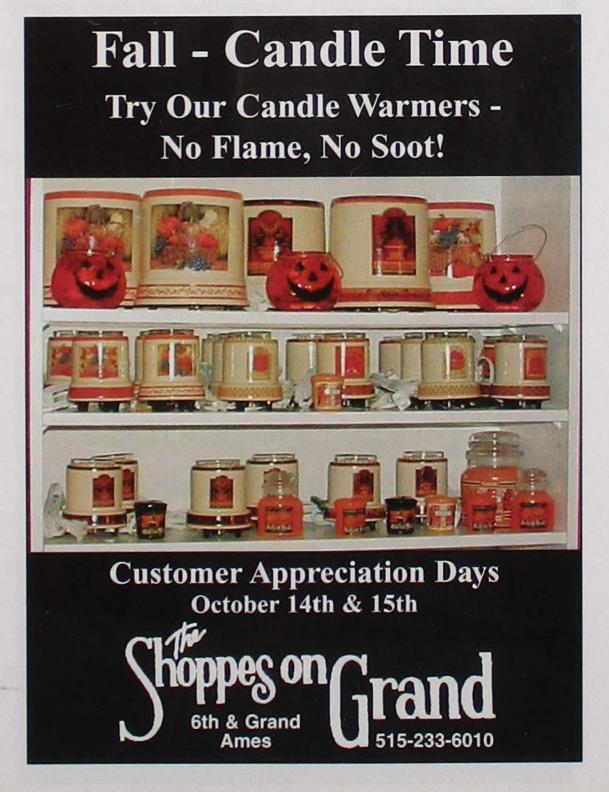
Shrabantee Chatterjee was well-traveled before coming to Ames three years ago to study electrical engineering.

Her family had traveled extensively in her youth. And when she arrived in Ames, she was pleased.

"Iowa State has been great for me," she said.

In addition to serving as the YWCA's office coordinator, Chatterjee works to promote the field of engineering to women.

"I think in this century women should be doing everything," she said. "I don't see why everyone isn't doing everything."





eslie Hall is the coolest woman that I've ever met. Or maybe she's the coolest woman that I'll ever meet. Even though she's five years younger than me, I want to be just like her when I grow up.

She proves to be an interesting conundrum for a writer: words can't describe her. And the photos don't do her justice.

The 24-year-old Ames native is finishing her final year of art school in Boston. She also has a burgeoning underground rap career.

Hall formed Leslie and the Ly's in summer of 2004 while on break from art school. She gathered a couple of backup singers and started doing open mic nights.

She took the show to Boston. Thanks to some help from her brother, Hiland, who has a growing rap career in New York, Leslie and the Ly's were getting booked to open for bands.

She's gaining national attention. The CBS Morning Show is finishing a story on her traveling museum of 1980s bedazzled sweaters. The Boston Globe also caught on to her unique music and affinity for gaudy 80s clothing.

Hall said that she does whatever she can to promote Iowa. She even painted cornfields on the side of her traveling museum.

"The ideas start (in Iowa)," she said. "I just take them there."

"B.E.A.U-tiful girl."

Sure, I could try to describe her act by telling about her gold, shimmering full-body spandex outfits; gaudy, painted on makeup, affinity for female rappers and ability to include her grandparents in her rap songs, but that doesn't paint a true mental image.

How about this?

"Thank you mama for making me gold pants.

Ones I can dance in and make romance in.

Beats like beats that break through walls.

I get my motivation from shopping in malls.

I'm a B.E.A.U-tiful girl, bringing drama mama all over the world.

If you're feeling lonely and your grandma don't know me

hip-hop show, The way I'm going with beats

Then bring her on down to my

like these,

You might need to get down on one knee."

Hmm. Probably doesn't do it.

"When people see her in costume, they don't know when to take her seriously," said Emily Hyde, an Ames resident and one of the Midwest Ly's (backup dancers). "She just does what she has to do and people have fun with it."

Hyde's been friends with Leslie Hall since the fourth grade. She always makes time for a performance when Leslie returns to Iowa.

Out of character, Leslie's a Midwestern girl who loves Dairy Queen Blizzards; sings along to country songs played on 97.3 The Hawk; and asks her mom to send care packages of Hiland Dill Pickle Chips to her in Boston.

She is the epitome of my description of an Iowan: intelligent, kind, modest and creative.

Even though Hall has the char-

acter of an Iowan, she definitely doesn't fit the stereotype of an Iowan You wouldn't see her as an extra of the filming of the "Bridges of Madison County." (Well, maybe, if the director let her dress in full-body spandex)

On stage, she wears full body spandex and shakes every inch of her 225-pound frame. She makes mean faces when she raps. She steals the stage. At a recent open mic night at La Boheme, the audience stopped their low mutterings and watched in awe while she performed.

Her parents, Rena and Dick Hall, are very supportive of Leslie's career. They've helped finance production of her first album and renovation of the bus she's using for her traveling museum.

And Leslie will pay them back.
When she graduates in May 2006,
she plans to return to Ames and
work for her parents at the Door and
Fence Store.

Then she can go back to the place where her career started, La Boheme's open mic night.

Some more excerpts from Hall's songs:

From "Ring A Ding Ding"

"I flow like a monkey in a dance hall now. I swing and swing they can't get me down. I cannot be stopped, I'm like a tiger colt. Rip rip rip rip. I swim with the fishies in the great blue sea. They come around now and they want to dance with me.

Can't handle my beat I'm so fresh and so right,

I'm like an expiration date I'm so tight."

"Grandma and grandpa. Sending your children to me. I'm about to start rappin. My flow is like a diggety dog to me."

From "Master of the Mic"

"Send me all your lies Hand me some fries I've got a story to tell It aint easy The words come out like jelly roll When I was young I never sucked my thumb I just reached for the mic Cause I knew how to flow so tight. When I was in diapers, I was ripped with the rhymin' I was psychedelic flying the words from my mouth"



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Choosing a

By Kim Hilgers

e've all experienced it - the frustration of planting tulips in the fall with anticipation of spring blooms - only to find that they have become fodder for furry fiends. Crocus and lilies are often disturbed or eaten as well. There are various methods to prevent animals from digging or eating spring bulbs, but you can save some effort by selecting bulbs that are less palatable.

While we would like to claim that the following bulbs are rabbit, deer or rodent-proof, the unpredictability of such wildlife forces us to say they are simply your best bets.

Daffodils (Narcissus spp.) are an old favorite that are long-lived and naturalize well in the landscape. They come in several flower shapes and color combinations of yellow, white, orange and pink. Daffodils range from 4 to 24-inches in height. Most bloom in early spring, prefer partial to full sun and are cold-hardy in USDA Hardiness Zones 3-9. As with all bulbs, be sure to allow the foliage to die back or yellow naturally before removing as they need time to replenish energy reserves in the bulbs.

Snowdrops (Galanthus nivalis) are 4 to 6-inch tall plants with white, nodding flowers in late winter to early spring. They can be found in single or double flower forms and do well in partial to full shade in Zones 3-9. The bulbs are small, so plant them in groups of a dozen or more.

Winter aconite (Eranthis hyemalis) makes a cheerful addition to the late winter/early spring landscape with its bright yellow, buttercup-like blooms. The flowers sit atop a collar of green leaves on 2 to 4-inch tall plants. They are great for mass plantings in partial shade in Zones 4-9. Because they are one of the first bulbs to bloom, their foliage dies back quickly.

Snowflakes (Leucojum vernum) are very similar in flower form to snowdrops, but bloom a little later from

PALAIABLE of bulbs

early to mid-spring and are a bit larger at 6-to-12 inches tall. They prefer partial to full sun and are hardy in Zones 4-8. Both snowflakes and snowdrops naturalize well in the land-scape and work well under deciduous trees and shrubs.

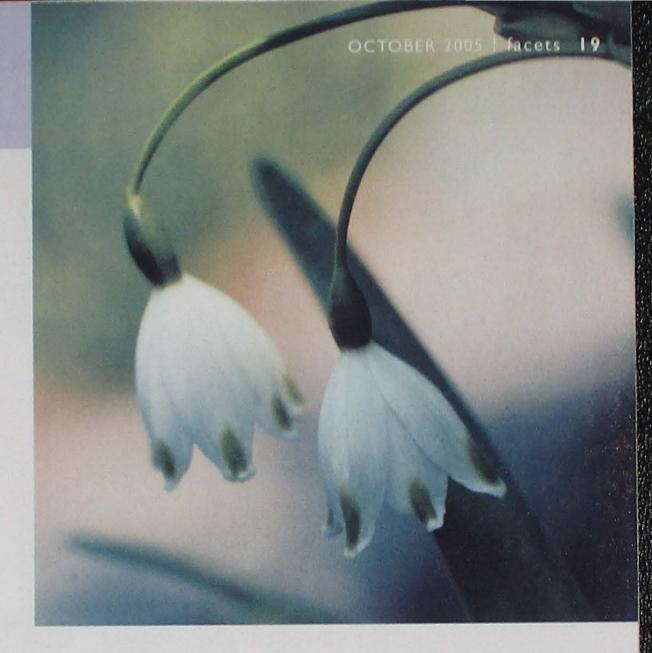
Glory-of-the-Snow (Chionodoxa luciliae) is also very early to bloom as the name suggests. It is a dainty plant only 4-to-6 inches tall with upward-facing, star-shaped flowers. The blooms are most often bright blue, but can also be white or pink. They do best in full sun in Zones 3-9.

Siberian Squill (Scilla siberica) grows 4-to-6 inches tall with nodding blue flowers in early spring. It is another small but colorful bulb that naturalizes well and looks stunning in large masses. Plant them in full sun to part shade in Zones 2-7.

Grape Hyacinths (Muscari armeniacum) produce dense clusters of urn-shaped, purple to blue flowers that resemble clusters of grapes. The flowers also come in pink and white and a double form. The flower spikes are 6 to 8 inches tall and bloom in mid-spring. These vigorous bulbs prefer full sun and are hardy in Zones 2-9. Once established, the grass-like foliage may appear in fall as well as alongside the blooms in spring.

Hyacinths (Hyacinthus orientalis) are available in a spectacular range of colors including white, pink, red, blue, purple, peach, and yellow. Clusters of highly fragrant tubular





flowers are borne on 8 to 12-inch stems in midspring. They do well in full to part sun. While the bulbs are hardy to Zone 4, flower performance declines rapidly. It is recommended that they be replanted every 2 to 3 years.

Fritillaries (Fritillaria spp.) vary greatly by species in size, form, color, bloom time and cold hardiness. They can be 12 inches tall, like the spring blooming guinea-hen flower (Fritillaria meleagris) with unique purple checkered blooms, or 2-to-3 feet tall like the Crown Imperial (Fritillaria imperialis). Crown Imperial blooms in early summer with nodding clusters of orange or yellow flowers topped with a crown of green leaves. The unpleasant musky odor of the bulbs and blooms keeps away both humans and animals so admire these from afar. Most fritillaries do well in full sun to part shade.

Ornamental onions (Allium spp.) bloom in late spring to early summer depending on the species or variety. They range in height from 6 inches to 4 feet and come in purple, pink, white and yellow. Flower forms can vary as well but typically consist of round clusters of star-shaped flowers atop tall stems like the popular Giant Allium (A. giganteum) or Stars of Persia (A. christophii). Most prefer full sun and are hardy in Zones 4-10.

With fall quickly approaching, now is the time to purchase spring-blooming bulbs. Many of these bulbs can be found at your local garden center or ordered through specialty catalogs, many of which offer online sales as well.

Kim Hilgers is a graduate student in horticulture at Iowa State University.







"Favorite Australian Recipes"

PUMPKIN SOUP

Salt and pepper to taste

1 lb. pumpkin 2 onions 1 carrot 3 1/2 cups chicken stock 1/4 tsp. nutmeg Sour cream and chives for garnish

Peel pumpkin, onions and carrot. Cut into pieces. Put all vegetables in pan. Add chicken stock, nutmeg, and salt and pepper to taste. Bring to a boil; reduce heat, simmer until pumpkin is tender. Puree in blender or food processor and chill. Serve with spoonful of sour cream and chopped chives. Serves four.

"Favorite Australian Recipes"

PUMPKIN QUICHE (with one change)

1 pre-made pie crust

1 lb. pumpkin

2 strips bacon

1 clove garlic

8 oz. feta cheese

3 eggs

2/3 cup light cream

3 T chopped parsley

pepper

Prepare pie crust at 375 degrees for 10 minutes. Steam pumpkin until tender. Drain well and cool. Chop bacon finely, cook until crisp. Add chopped green onion and crushed garlic. Blend cheese and pumpkin until smooth. Add lightly beaten eggs, cream, parsley and pepper. Add bacon mixture. Bake at 375 for 30 minutes or until set.

Times Life Books "The Good Cook, Vegetables"

PUMPKIN AU GRATIN

2 1/2 pounds pumpkin

4 T flour

6 T olive oil

7 or 8 garlic gloves crushed and finely chopped

1 oz. parsley, finely chopped

Salt and pepper

Toss cubes of pumpkin in flour until evenly coated. Generously oil bottom and sides of an oven-proof casserole. Fill with pumpkin. Scatter garlic and parsley. Season with salt and pepper. Sprinkle remaining oil over surface. Cook in preheated 325-degree oven for 2 hours or until top has formed rich, dark crust.

"Junior League Centennial Cook Book"

PUMPKIN SPICE BREAD

8 T butter, softened

1 1/4 cups sugar

2 eggs

1 2/3 cups all-purpose flour

1/4 tsp. baking powder

1 tsp. baking soda

1 tsp. ground cinnamon

1 3/4 tsp ground ginger

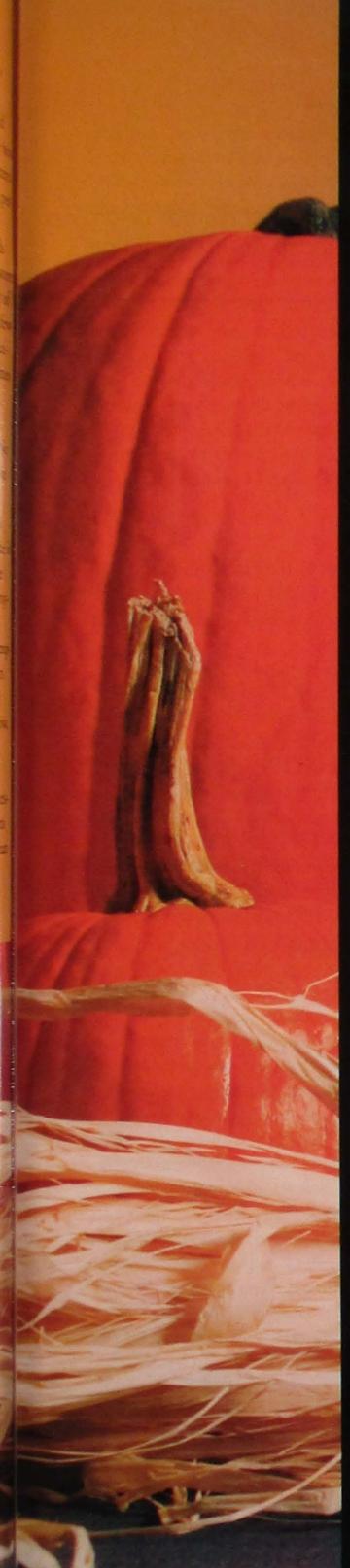
1/2 tsp. ground nutmeg

1/2 tsp. salt

1 cup canned pumpkin puree

1/2 cup finely chopped walnuts or pecans

Preheat oven to 350 degrees. Butter and flour a 9-inch loaf pan. Cream the butter and sugar in a large mixing bowl until light and fluffy. Beat in the eggs one at a time. Mix together the flour, baking powder, baking soda, cinnamon, ginger, nutmeg and salt. Add to the creamed mixture alternately with 1/ X cup of water, mixing well after each addition. Beat in the pumpkin; stir in walnuts. Spoon into the prepared pan. Bake for 1 hour. Cool in pan for 10 minutes; remove to a wire rack to cool completely.



Definition: Any loud clamor or protest intended to incite others to action.

Home sweet home

far off in Boone

to the Ames area two years ago, we faced a quandary:
Where should we live?

We knew my husband would be spending his days at Iowa State University, so living in Ames was our first choice. But things didn't fall into place quite that easily. Those were the golden days of rock-bottom interest rates, if you remember them, and I was pretty set on buying a house. And there was another factor: Our two adorable puppies had turned into 120 pounds of boisterous doggie energy, so we thought finding a welcoming rental unit might be difficult.

So we started the great house hunt. In three months of searching, we found a grand total of three homes in Ames that we could afford.

One house was next to the railroad tracks. From a pet perspective, that was a bad idea. Blue, one of our dogs, is addicted to car racing, and I could just envision the catastrophe ahead as Blue tried to beat the Union Pacific to Omaha.

The next house had a master bedroom upstairs with slanted ceiling that made standing up anywhere but in the center of the room impossible. The third, in addition to being decorated top to bottom in orange and green, was in a flood plain.

Apparently, buying a house in Ames was out.

So we ventured into Ames' commuter zone, and after a bit of frustration, I went to look at a cute, old-fashioned, small-but-nottoo small house in Boone. We jumped on it, and I haven't regretted this purchase since.

Well, almost.

I still love our little house, but driving just over 20 miles one way to work each day can get tiresome. The drive to work isn't so bad; listening to the news on the radio helps prepare me for the day ahead. But after work, I just want to be home, and the distance between the office and the front door seems twice as long.

And then gas prices hit \$3 a gallon, and our affordable housing in Boone got noticeably less affordable.

So now we are doing what we can to save on gas — driving a little more slowly, biking to work (when my husband has an hour to spare; I have never felt that ambitious), turning off the air conditioner, combining trips, walking more often to the grocery store and sharing a ride whenever possible. Sometimes this is a little inconvenient — my work schedule sometimes means my husband has to wait at work long after he would be ready to come home — but our efforts have borne fruit in fewer stops at the gas station.

A look at commuting statistics, as well as out the window along U.S. Highway 30, shows that we are not alone in our commuting conundrums. In 2000, Iowans spent significantly more time (and therefore more money) on their morning commutes than they did just 10 years before. According to U.S. Census data, fewer commuters in 2000 said they traveled less than 10 minutes to get to work than in 1990, and more commuters traveled more than

10 minutes to their jobs. And more than 900 people in Story County drove more than an hour to work in 2000, up from 643 in 1990.

For those commuters, a number of our little solutions aren't going to work — driving more slowly probably isn't an attractive option, and biking to work is the equivalent of a day's ride on RAGBRAI.

A portion of the growth in commuting in Iowa is tied to the ailing farm economy. Many farm families find it necessary for one or both spouses to work off the farm, and the more boarded up the Main Streets of Iowa's small towns become, the farther these farmers or farm spouses have to drive to find work. For these folks, gas prices are taking a serious bite out of their profits, both as they fill the car's tank on their way to their off-farm jobs and as they fill the tractor's tank on their way to the field.

And especially considering the tight margins farmers are operating under, increased fuel costs pinch profits. Farmers were expected to spend \$2 billion more on fuel this year even before Hurricane Katrina made landfall, according to a U.S. Department of Agriculture official, and an analysis by the American Farm Bureau Association says that the storm alone will cost farmers another \$2 billion.

Unfortunately, there aren't a lot of short-term answers. We can hardly ask farmers not to harvest their crops, or not to work off the farm. And I don't think the housing in Ames has gotten any cheaper in the last two years, so I don't see any major changes in our situation, either. But

maybe, just maybe, the squeeze now will make us search for smarter solutions in the long-term. I've heard sales for smaller cars have jumped in recent weeks; with increased demand, maybe an affordable hybrid car isn't far off. Perhaps if people find it a little more painful to jump in the car for every errand, smarter planning for cities will finally find a broader audience. And maybe higher fuel prices will do for the renewable energy what the recently passed Energy Bill did not: Encourage solutions that wean us off fossil fuels.

Until then, you'll find a little blue Saturn with the windows cracked bound for Boone each evening, putzing along in the slow lane.

WAYS TO SAVE

Want to get a little more distance out of the \$3-a-gallon gas in your tank? Here are some tips from the book "Green Living," by the editors of E Magazine:

Slow down! A car loses about I percent in fuel economy for every mile per hour over 55. Today's cars are most efficient at that speed.

Steady as she goes. Maintain a constant speed on highways and cut "jackrabbit" starts for up to 20 percent fuel savings.

Don't idle. If you are going to be waiting more than 30 seconds, it makes more sense to turn the engine off.

Try the windows. Air conditioners cut fuel economy by up to 21 percent. Driving with the windows open creates a bit of aerodynamic drag, but that's no where close to the drain of the air conditioner.

Stay in tune. A poorly maintained car can reduce fuel economy: a bad oxygen sensor by 15 percent, under-inflated tires by 5 percent, out-of-balance wheels by 2 percent.



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